

Your Life Does Matter

Have there been times that you felt your life did not matter? Have you ever been approached by anyone who wanted to make a movie of your life?

Your life does matter, and you may now begin to create a video of your life. How? Cesar Kuriyama is the creator of a "one second everyday" video of his daily life. This one second recording consists of moments that matter to him. He recorded a 1-second daily video for six years so that when he became 36 years old, he had a 36-minute video documenting seconds of his life.

Cesar had grown up watching the sitcom Doogie Howser, M.D. Doogie was a genius kid doctor at 16 years old who became a surgeon. In the sitcom, Doogie had a daily journal where he would enter on his computer an experience and lesson learned every day. Cesar wanted to be just like Doogie and so he began to record 1-second a day that reflected a significant moment in his day.

So, are you ready to begin recording 1-second everyday of your life? Tre is now an app created that allows you to do just that and make your life matter. The app is "1 SECOND EVERYDAY" and it is free. The app does have a pay feature which allows you to record more than 1-second. However, the creator found that 1-Second allowed the second in a day that is significant to you.

For more information, you may listen to Cesar Kuriyama on Ted Talk by clicking on the link in the attached pdf. And if you need guidance as to how to use the 1 SECOND EVERYDAY, simply click on the YouTube link which is also in the attached pdf.

1-Second Everyday App: <https://1se.co/>

https://www.ted.com/talks/cesar_kuriyama_one_second_every_day

<https://youtu.be/Z6jKBxqbW-s>